

## ABSTRACT

The present invention provides a method of efficiently and stably producing LCPUFA-PL. Specifically, the invention provides a method for producing phospholipids that contain LCPUFA as a constituent (LCPUFA-PL), wherein lipid producing cells producing lipids that contain long-chain polyunsaturated fatty acids (LCPUFA) are used as a starting material, the method including a PL extracting step of extracting phospholipids (PL) from defatted cells obtained by extracting triglyceride (TG)-containing oil or fat from the lipid producing cells.